

## **MEN'S BREAKFAST**

Join us for a delicious breakfast and some socialization on Thursday, February 23<sup>rd</sup> at our next Men's Breakfast when Jerry Cirillo, Director of the Boyden Library, will be our guest presenter. Hear about the library's new temporary location at 16 Chestnut Street, Suite 210, Foxboro, as well as their services and hours. Learn about the progress on the new library project and ask the questions you have. The men will be served breakfast at 9:00 a.m., and the presentation will begin at approximately 9:30 a.m. Women are invited and encouraged to join us at 9:30. The cost for breakfast is \$3. To participate in the breakfast, please call the senior center at 508-543-1252 to sign-up by Tuesday, February 21<sup>st</sup>. As always, everyone is welcome to join us after breakfast has been served for the presentation portion of the program free of charge.

### **Monday, February 6**

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Podiatrist 12:00 p.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

### **Tuesday, February 7**

Stretch & Balance 8:30 a.m.

AARP Tax Appointments 8:30 a.m.

SHINE 10:00 a.m.

Nutrition Class 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

BINGO 2:00 p.m.

### **Wednesday, February 8**

*No Chorus Today*

Strength Training 8:30 a.m.

Video Lecture Series: The Louvre 11:30 a.m.

Christmas Tree Shops 1:00 p.m.

Bereavement Group (for registered participants) 1:00 p.m.

Zumba 2:30 p.m.

### **Thursday, February 9**

Ceramics 9:00 a.m.

Chair Massage (by appointment) 9:00 a.m.

Pre-Diabetes Lecture 10:00 a.m.

Valentine's Day Tea 1:00 p.m.

Beginner Computer Class 1:00 p.m.

Intermediate Computer Class 2:00 p.m.

### **Friday, February 10**

*\$73 Payment Due for Luck O' The Irish Trip*

Stop & Shop 8:30 a.m.

YMCA Exercise 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. [www.foxboroughma.gov](http://www.foxboroughma.gov)

## **TRAVEL AND ENTERTAINMENT**

### **SENIOR SOCIAL**

Break up the mid-winter doldrums by getting together with friends at our Senior Social on Thursday, March 1<sup>st</sup> from 12:00 p.m. – 4:00 p.m. at Lakeview Pavilion in Foxborough. Enjoy a delicious dinner and lively music in a beautiful setting as DJ Dave Valerio plays musical favorites for you. The menu will be Tossed Salad with Zinfandel Vinaigrette Dressing, Chicken Veloute (a sauteed boneless chicken breast served over cornbread stuffing with apples and cranberry raisins, topped with a light cream sauce), Dinner Rolls, Chocolate Mousse, Coffee and Assorted Teas. A cash bar will be available as well. Sit back and enjoy the music, sing along, or kick up your heels with some line dancing...your choice. We will have line dancing classes on February 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup> at 11:30 a.m. The cost for this event is \$23 and will be due by Friday, February 24<sup>th</sup>. There is plenty of room for all, so be sure to let your friends know that we would love for them to join us. Sign-up now for this event by calling the senior center at 508-543-1252.

### **“LUCK OF THE IRISH”**

Come along with us to the “Luck of the Irish” St. Patrick’s Day Celebration on March 15<sup>th</sup> in East Windsor, Connecticut. You will enjoy a wonderful sit down lunch at La Renaissance which will include your choice of Corned Beef & Cabbage or Chicken Marsala, Irish Soda Bread, Potato, Vegetable, Holiday Dessert, Coffee & Tea. After lunch enjoy an entertaining afternoon with Seamus Kennedy originally from Belfast, Northern Ireland, who has been entertaining audiences all over the United States for the past 32 years with his ready wit and vast store of songs. Seamus Kennedy has the repertoire and the ability to make folks forget their cares for awhile, to relax and enjoy themselves as he encourages the crowd to sing along. You don’t have to be Irish to enjoy Seamus Kennedy so come along and enjoy the music and mirth of one of Ireland’s most popular exports. The cost for this fun and festive day is \$73 per person including driver’s tip. Checks should be made payable to “Town of Foxborough COA.” Payment will be due by Friday, February 10<sup>th</sup>. Your motorcoach bus will depart from St. Mary’s Church parking lot at 9:00 a.m. on Thursday, March 15<sup>th</sup> and will return home at approximately 5:00 p.m. Sign-up for this opportunity by calling the senior center at 508-543-1252.

## **INFORMATION AND SERVICES**

### **“CHARLIE CARDS”**

Seniors can obtain a “Charlie” Card for discounted MBTA services through the GATRA office. The TAP (Transportation Access Pass)/ Senior Charlie Card allows customers to use MBTA commuter rail, local and express buses, subway and boat services. The Charlie Cards are reusable and rechargeable. Many Foxboro seniors had their pictures taken at the senior center several years ago and received Charlie Cards which are now expiring. If you already have a photo ID Charlie Card, simply call GATRA at 1-800-483-2500 and request a new card which they will send you in the mail.

### **SAND FOR SENIORS**

“Sand for Seniors” is a community development project by the FOXBORO JAYCEES to help senior citizens needing sand or salt during the winter season. If you are a Foxboro senior citizen who needs sand or salt, we can deliver a bucketful to your door. Call Mohsen at 508-203-1670 and leave a message. You can also email him at [mohsenkh53@hotmail.com](mailto:mohsenkh53@hotmail.com).

## **REGULARLY SCHEDULED**

### **COFFEE AND CONVERSATION WITH OUR TOWN MANAGER**

Once a month you will have an opportunity to have “Coffee and Conversation with Our Town Manager” at the senior center in a relaxed, friendly atmosphere. Our next get-together will be on Tuesday, February 14<sup>th</sup> from 9:30 a.m. to 10:30 a.m. when Foxborough’s Town Manager, Kevin Paicos will be happy to hear your questions and comments on concerns you would like to address. We all know that no issue is either ‘black or white’, so take advantage of this face-to-face opportunity to hear and discuss these matters from different angles and gain a greater understanding of the issues our town faces. Please call 508-543-1252 to let us know you will be coming.

## **COFFEE WITH KEN**

Drop into the Rodman Building at 90 North Carl Annon Court on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month at 11:30 a.m. for a coffee hour with Ken from the Council on Aging & Human Services. Ken Levy is our Outreach Worker and will be available to hear your questions, comments and concerns about Housing, Health Insurance, COA Programs, Public Benefits (Medicare, MassHealth, Food Stamps, Fuel Assistance), Recreation and Social Activities, etc. Ken is looking forward to the opportunity to introduce himself to you and meet some new people. You can also sign-up for lunch at the Rodman Building (for those age 60+, served at 11:45 a.m.) by calling 508-698-0754, or just drop in for coffee and “goodies.” On February 7<sup>th</sup> Ken will review “What We Offer-COA Services Overview,” and on February 21<sup>st</sup> the topic will be “Getting Help in a Hurry-Personal Emergency Response Systems.” To reach Ken, call 508-543-1252, or drop by the Senior Center.

## **BINGO!**

Calling all Bingo players...Come and join the fun on the 1<sup>st</sup> Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, February 7<sup>th</sup> from 2:00 p.m. to 3:30 p.m. Please call 508-543-1252 to let us know that you will be coming. This event is sponsored by the Friends of Foxboro Seniors.

## **LOW VISION SUPPORT GROUP**

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on February 16<sup>th</sup>. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

## **TRIAD**

What is TRIAD? TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD, a senior citizen run and directed group, currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month at 1:00 p.m. Our next meeting will be on February 15<sup>th</sup>. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

## **MOVIE DAY**

Our monthly Movie Day is scheduled on Tuesday afternoons at 12:30 p.m. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Our next movie day will be Tuesday, February 21<sup>st</sup> at 12:30 p.m. when our feature presentation will be “Larry Crowne.” After being laid off from his longtime job at a soulless retail giant, average middle-aged guy Larry Crowne (Tom Hanks) decides it's time to change up his life, so he heads back to college. There, he finds a new perspective -- and a new romance with a professor (Julia Roberts). Hanks directs this comedy-drama from a script co-written by Hanks and Nia Vardalos. Please call 508-543-1252 to sign-up.

## **SHOPPING**

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

February 8 Christmas Tree Shops

February 15 Wal-Mart

February 22 Kohl's @ Mansfield

## **SPECIAL EVENTS AND PROGRAMS**

### **SPECIAL SCREENING OPPORTUNITY**

If you have missed any segments from the video lecture series "The Louvre," we will re-run the ones you didn't get to see on Thursday, February 16<sup>th</sup> (times to be announced). Just give us a call at 508-543-1252 and let us know which lectures you missed and we will set up a schedule accordingly. This series has been very well received and we want you to have an opportunity to see it all before we loan it out to a neighboring COA for their enjoyment. \*If you will be on the "Mary Poppins" Trip that day, we will try to arrange another viewing to accommodate you.

### **VALENTINE'S TEA PARTY**

Treat yourself to a special Valentine's Tea on Thursday, February 9<sup>th</sup> from 1:00 p.m. until 2:30 p.m., hosted by Joanne Pratt. Indulge in delicious goodies and fine teas while you relax and enjoy the company and conversation with each other. We have limited seating, so please call the senior center at 508-543-1252 to sign-up. Reservations will be taken until Monday, February 6<sup>th</sup> or until all spots are filled, whichever comes first. In honor of Valentine's Day, please wear red for the event, and as always, bring your favorite tea cup.

### **AARP TAX ASSISTANCE**

Free income tax assistance will be available for seniors through the Tax Aide program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared, and become familiar with benefits that may be available to you. The AARP Representatives will be available at the senior center on Tuesdays beginning February 7<sup>th</sup> through April 10<sup>th</sup>. Call the senior center at 508-543-1252 to schedule your appointment. Prior to your appointment, please come and pick up the "Tax Preparation Packet" at the senior center. This paperwork must be completed and brought with you to your appointment.

### **"CIRCUIT BREAKER" TAX CREDIT**

The "Circuit Breaker" Credit is a real estate tax credit available to persons age 65 and older. You do not need to normally file an income tax return to be eligible; however, the Massachusetts income tax form is the vehicle used to get the refund. You can file for the current 2011 tax year as well as retroactively for the years 2010, 2009, and 2008. The amount you receive is based on a formula. The maximum credit for the 2011 tax year is \$980. You must be 65 by December 31<sup>st</sup> of the year for which you are filing. This program is available for both homeowners and renters. For more information, you may call The Massachusetts Department of Revenue Customer Service Bureau at 617-887-MDOR or toll free 1-800-392-6089. To apply for this program, you may contact Noreen Sherys, Community Social Worker, at the senior center by calling 508-543-1252.

### **LINE DANCING**

Get ready to kick up your heels! Faye Sullivan and Jeanne Bonneau will once again lead us through line dancing steps. The steps are uncomplicated and the classes are lots of fun. According to a study in the New England Journal of Medicine, dancing makes us smarter! The physical activity of dancing offers protection against dementia. Dancing helps us to create new neural pathways by integrating several brain functions at once, increasing connectivity. So come and have fun learning these dances while improving your brain power! Line Dancing Classes will be from 11:30 a.m. to 12:30 p.m. on the following Wednesdays: February 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup>. Then put your new moves into action on March 1<sup>st</sup> at our Senior Social at Lake View Pavilion! Please call the senior center at 508-543-1252 to sign-up.

## **MEDICAL INFORMATION AND SERVICES**

## **PODIATRIST**

Dr. Willinsky, Board Certified by American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of each month at 12:00 noon. His next visit will be on Monday, February 6<sup>th</sup>. Clients are seen on a first come, first served basis. The cost to see Dr. Willinsky is \$20.00 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation ... call 508-543-1252 to arrange a ride.

## **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be on Tuesday, February 14<sup>th</sup> from 10:00 a.m. to 12:00 p.m. The Blood Pressure Clinic is held once a month at the senior center on the 2<sup>nd</sup> Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

## **S.H.I.N.E. – TUESDAY, FEBRUARY 7, 2012**

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have a SHINE (Serving Health Information Needs of Elders) counselor. Judy Murphy of HESSCO (Health and Social Services Consortium), covering Norfolk County, will be at the senior center on Tuesday, February 7<sup>th</sup> at 10:00 a.m. Please give us a call at 508-543-1252 so that we can make an appointment for you to talk to Judy.

## **VNA CARE NETWORK IS OFFERING A FREE PRE-DIABETES PROGRAM**

Come join us to learn if you are at risk for pre-diabetes and what you can do about it. VNA Care Network, through funding from HESSCO Elder Services, is providing a free Pre-diabetes Program at Foxborough COA. Pre-diabetes has become a major health concern. In fact 79 million people in the United States have pre-diabetes and the number is increasing, particularly among seniors. Pre-diabetes is a condition where your blood sugar levels are higher than normal, but not high enough to be called diabetes. It can cause damage to your body before you are aware that it is occurring. Recent research shows that people with pre-diabetes can prevent or delay diabetes from actually developing by making some simple lifestyle changes. The session on Thursday, February 9<sup>th</sup> at 10:00 a.m. is an in-depth group talk which highlights helpful strategies including healthy recipes. Become pro-active and learn how to make these easy lifestyle changes. To sign up, please contact the Foxborough COA at 508-543-1252.

## **CHAIR MASSAGE**

Meet Dan McComiskey, a Licensed Massage Therapist as well as the owner of "A New Vision Family Massage Therapy" now located at 21 Cocasset Street, Suite #3, Foxborough, MA. Dan is beginning to offer Chair Massage Therapy at the Foxborough Senior Center and will be here every other Thursday morning. His next scheduled day will be on February 9<sup>th</sup> beginning at 9:00 a.m. Dan will provide a 15 minute chair massage for \$10. There are so many studies that reveal just how important and beneficial massage can be for seniors. It helps to achieve physical benefits such as stress reduction, improved immune system, improved circulation of both blood and lymph fluids, as well as reduction of pain. The emotional benefits include alleviating depression, relieving isolation, enhancement of self-image, as well as a reduction in levels of anxiety. Finally, some of the mental benefits are a reduction in agitation in Alzheimer's patients, as well as an increase in clearer thinking. Please call 508-543-1252 to arrange for your appointment.

## **MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45A.M.**

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

**Monday, February 6**

Tomato Florentine Soup  
Roast Chicken W/Brown Gravy  
Rice Pilaf  
Whole Wheat Roll  
Cutie Pie

**Tuesday, February 7**

Shepherds Pie  
Cut Green Beans  
Wheat Bread  
Pears

**Wednesday, February 8**

Chicken Salad  
Pasta Salad  
Tossed Salad W/Dressing  
Pita Bread  
Fruited Jell-O

**Thursday, February 9**

Beef Burgundy  
Whipped Potatoes  
Carrot Coins  
White Bread  
Pudding

**Friday, February 10**

Tuna Noodle Casserole  
California Blend Vegetables  
Multigrain Roll  
Fresh Fruit